Helvetica Regular 8 point with 1 point of leading

Franklin Gothic Heavy or Helvetica Black, flush left & flush right, no smaller than 13 point

3 point rule

7 point rule

8 point Helvetica Black with 4 point of leading

6 point Helvetica Black

1/4 point rule centered between nutrients (2 points leading above and 2 points below)

All labels are enclosed by 1/2 point box rule within 3 points of text measure

1/4 point rule

8 point Helvetica Regular with 4 points of leading

Type below vitamins and minerals (footnotes), is 6 point with 1 point of leading

8 point Helvetica Regular, 4 points of leading with 10 point bullets

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g — 20%

Saturated Fat 5g — 25%

Cholesterol 30mg — 10%

Sodium 660mg — 28%

Total Carbohydrate 31g — 10%

Dietary Fiber 0g — 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	60g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4